



Conz Street CHRONICLE

Who you gonna call? Van service will answer

By **SUZANNE WILSON**
Chronicle volunteer

Marilyn Richards gets straight to the point when she describes the Senior Center’s van transportation program: “It’s a lifesaver,” she said.
Richards, who lives in Northampton and works part time at Cooley Dickinson Hospital, was recovering from surgery recently when she read about the program that offers weekday van transportation to city seniors. The service is available Monday through Friday, from 8:30 a.m. to 3 p.m. One-way rides in

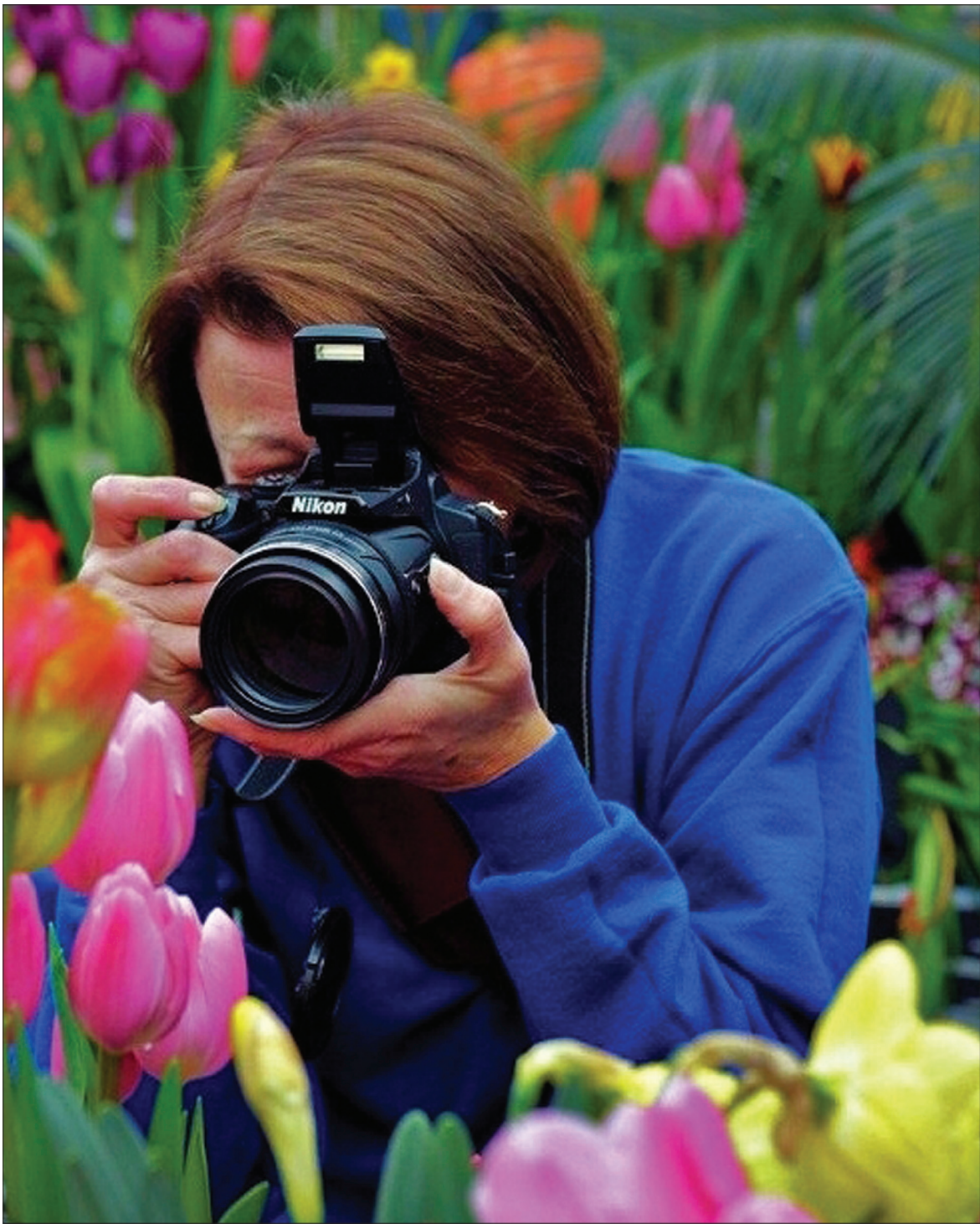
Northampton cost \$1; round trips can also be scheduled.
For Richards, the issue was getting home from work.
She was under strict doctor’s orders not to drive — “and you don’t dare monkey with that,” she said. Though her husband drove her to work in the morning, the return trip was trickier to fit in.
Richards contacted Jennifer Carbery, the Senior Center’s transportation coordinator, to see if she was eligible. The answer was a simple yes: the van service is available to every Northampton resident, age 60 and up.
To arrange her rides, Richards

called Carbery to request the dates and times she wanted to be picked up at the hospital and driven home. (A 24-hour notice is required for most trips; for a scheduled medical appointment, a week’s notice should be given.)
Richards also used the van service to take her to a doctor’s appointment and pick her up afterwards, and to take her to a meeting at City Hall.
The service gave her some independence, and relieved her husband of having to shoulder “one more thing,” as she put it, during her recovery.

Continued on Page 2



Marilyn Richards used the van service recently with the help of driver Bruce Fuller.



Donna Verville takes pictures at the Smith College Bulb Show.

COURTESY OF DONNA VERVILLE

Artist of the month: Donna Verville

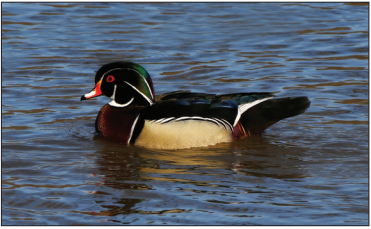
By **CONNIE BURAK**
Chronicle volunteer

“My camera is my canvas and the light I use to capture each image is my paintbrush,” explained Easthampton photographer Donna Verville. On a table in front of us at the Northampton Senior Center, a large folder held examples of her work as she prepared for her June exhibit there.
She extracted a photograph of a wood duck, a mallard shimmering and iridescent, softened by the gray tones of his feathered underbody. There the duck sat, framed in a rectangle, an arresting form, an image favored by painters, illustrators and engravers for

hundreds of years—and later photographers as well. Yet looking at the creature on the paper she held before me, this viewer felt as though I had never seen a wood duck before.
Verville’s collection, arrayed on the table that day, predominantly consisted of birds, flowers and other creatures as well as some local settings that had captured her eye. “All you need is time and patience,” she pointed out.
Yet the net effect of her ability to look at her world with her own unique, evocative vision and then communicate this to others through her camera can be both startling and stimulating. According to



A goose



A wood duck
Verville, a fine photographer’s eyes “are trained to see the

Continued on Page 2

Author of the month: Leslea Newman

By **CAROL BEVAN-BOGART**
Chronicle volunteer

As morning peeks through the window in her studio, Lesléa Newman begins each day with a pen in hand and a blank page in her spiral notebook. She rises very early “while still somewhat in the dream world,” and writes for two hours.
“What emerges is always a surprise,” says Newman, who has won numerous awards and fellowships including recognition from the National Endowment for the Arts and the Massachusetts Artists Foundation. “Facing a blank page is like facing an interior mirror; every story, every poem, every book is a challenge and I generally produce 15-20 drafts of each. Writing is hard work!”
Newman, the poet laureate of Northampton from 2008-2010, is the author of over 70 published works: short stories, novels, poetry and children’s stories. In 1976, while an undergraduate at the University of Vermont, she was contacted by Seventeen magazine about publishing one of her poems. She describes the meeting with the editor in New York, as life-changing. “I was in my wraparound skirt, leotard and Mary Jane shoes, thinking I was so cool. Then the editor dumped several bags of correspondence on the floor and said, ‘this is what I receive in the mail every day and

your poem stood out like a shining star!’”
Another turning point occurred in 1998, when Newman, an advocate for LGBT rights, was the keynote speaker at the University of Wyoming’s Gay Awareness Week. She arrived just five days after the brutal murder of Matthew Shepherd, a young gay man, who had been a student at the university. Out of that experience, Newman went on to write “October Mourning: A Song for Matthew Shepherd,” a novel-in-verse, narrated from different perspectives telling the story of his tragic death.
In 2015, Newman published “I Carry My Mother,” a book of poems about her mother’s illness and death. Having recently read from the book at the Congregation Sons of Zion and at Forbes Library, Newman was struck by the audience members who sought her out and shared their grief over the loss of a loved one. “It’s why I’ll never stop writing,” she said. “Writing offers insight into the lives of others and allows me to connect with people in ways that matter.”
For more information, go to <http://lesleanewman.com>
Lesléa Newman will read on Monday, June 5, from 12:15 to 1:15 p.m., at the Senior Center in the Bistro Room. Everyone is welcome. Bring your own lunch. Drinks and dessert will be provided.



Leslea Newman holds two of her recent books.

DENNIS LEE PHOTO

Van service

Continued on from Page 1

Expanded service

The dial-a-ride program, which started in March, came about after Northampton became one of four communities chosen to participate in a Pioneer Valley Transit Authority pilot program. So far, about 10 riders a day have been using the service to get to destinations ranging from doctors’ offices to drugstores to supermarkets to hair salons.

With the dial-a-ride program up and running, the Senior Center is now gearing up to expand its transportation service. And key to those plans was the recent arrival of an additional 14-passenger van, purchased by the Center’s “Kick the Tires” fundraising campaign. A May 8 celebration, attended by Northampton Mayor David Narkewicz, made it official: beginning in June, the Center will have a fleet of two vans to help seniors get around.

“This gives us exciting new opportunities,” Jennifer Carbery said. The new offerings for curb-to-curb service, offered for a nominal fee per ride, could include, for example, group trips to area supermarkets, or to stores in Hadley, such as Target or Trader Joe’s. The additional van will also make it possible to organize rides to bring seniors to the Center for events such as classes or singing groups, or to use the Fitness Center. The van likely will also hit the road for special day trips, she said, adding that it has, in fact, already made its first one — an excursion to the Patriot Place shopping center in Foxborough.

The service addresses needs that, sooner or later, most of us will have. Whether it’s a temporary situation, as it was for Marilyn Richards, a reluctance to drive in winter, or a decision to stop driving altogether, many seniors need transportation as they age. Even those with family and friends



Former Northampton Senior Services Director Patricia Shaughnessy discusses the new van service.

VICTORIA HUNT PHOTO



DENNIS LEE PHOTO

David Allen, left, and Bernie Porada are two of the van service drivers.

nearby often say they don’t want to burden others with frequent requests for rides, Carbery said: “So this can give them back a little bit of freedom.”

Carbery is the voice on the phone who takes the calls and schedules the pick-ups and drop-offs. “It’s a lot of juggling,” she said, but she’s well-prepared. For 21 years, she worked at Serio’s Pharmacy, where she

often delivered prescriptions. That experience turned her into something akin to a human version of MapQuest, she said, giving her a detailed knowledge of just about every street in Northampton and the city’s traffic patterns — where delays are likely to occur, and at what time.

Once the daily schedule is set, Carbery turns it over to the part-time drivers. There are

currently three: Bernie Porada, of Northfield; David S. Allen, of Shutesbury; and Bruce Fuller. A fourth is expected to join the staff soon.

Out and about

The men behind the wheel say their job is more than just a job. “It’s the pleasure of helping people,” says Bernie Porada, a retired Longmeadow police officer who also worked in Northampton as a parking enforcement officer. Porada says the service “keeps people connected to the world. I find they’re very appreciative that the city has done this.”

Porada said he enjoys the chance to interact with his passengers, especially those who become regular customers.

“It’s not just rote driving,” he said. “You get to know the people, put them at ease in a relaxed, friendly environment.” No matter the topic — the weather, an exhibit at the Smith College Museum of Art, or the city’s potholes— there’s always something to chat about. “It makes for a diverse day.”

David Allen, who previously worked as a truck driver and construction worker, said he and his fellow drivers are glad to offer passengers an assist getting on and

off the van, or opening the door of the building they’re entering.

“I think they know they can depend on us and feel secure with us,” Porada added. “They know we care about their well-being and safety.”

Marilyn Richards agrees. “They’re just wonderful,” she said. Though she expects to be back on the road in her own car soon, Richards said she won’t hesitate to use the van service again if the need arises. “It was a very pleasant experience.”

For more information about the Senior Center’s transportation services, or to schedule a ride, call Jennifer Carbery at 584-7979.

Artist of month

Continued from 1

imperfections, realistic views of beauty...”

Photos with titles such as “Nap Time for a Gosling,” showing a very new baby goose snuggled among the opulent feathers of its mother, or “Good Morning,” that of a sunflower beginning to raise its face toward the light, tell of Donna Verville’s deep connection to nature. Neither sentimental nor idyllic, it is clear her joy is in seeing what is there before her in all its precise detail, texture, shape and lighted color.

She is unequivocal about her lifelong relationship with a camera: “For me photography is about the concept, the reasoning behind the image is far more important than the aesthetic value. All my work has a reason, whether to inform, make a statement, discuss or argue, it always seeks to promote a reaction.”

Born in Fall River, one of 10 children, Verville revealed a rich, inner life as she recounted her childhood fascination with native Fall River citizen and alleged ax murderer, Lizzie Borden; she spoke vividly about her iconic image of the Borden family home, along with tales of the local cast of characters, now imprinted in her early memories. She moved west, first to Belchertown, when she and her husband were both students at University of Massachusetts in Amherst.

As someone who always enjoyed arts and crafts, her lifelong affiliation with picture-taking began decades ago when she got a Kodak camera. Since then she has exhibited regionally, not only multiple times at the Northampton Senior Center, but also at venues such as Hosmer Gallery, Hill Institute and Easthampton’s Arcadia preserve, part of MassAudubon, where her photographs will be shown once again in July.

Donna Verville finds “inspiration in everything around” her. Viewed gallery-style, she presents a body of visual compositions that are rich, meditative and comforting.

As she herself puts it: “My work is deeply personal and is not driven by any specific agenda but is created and delivered from the heart.”

A reception for Donna Verville will be held June 7, Wednesday, 6 to 8 p.m., at the Senior Center.

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The Chronicle: Who we are

How can I receive the Chronicle?

The Conz Street Chronicle is a monthly publication of Northampton Senior Services.

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The Conz Street Chronicle staff is made up of Senior Center volunteers and also receives assistance from many others. Contributors include staff from Senior Services and from other city departments and organizations.

All work is published at the editor’s discretion.

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Senior Services general information

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Senior-Center

Hours: Monday-Friday
8:15 a.m. - 4 p.m.
Wednesday
7 - 8:30 p.m.

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NCOA & Senior Center mission statement

Northampton Senior Services is dedicated to enhancing the quality of life for the city’s elders, ages 60 and over, with some programs and activities available to those 55-59 years of age.

Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence.

To meet this goal, Northampton Senior Services identifies needs and provides a range of programs, activities and services to address those needs.

Northampton Senior Services serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.

FYI

Submissions for this listing of events and information for seniors can be emailed to: svol@northamptonma.gov

Expanded Senior Center hours

The Northampton Senior Center’s operating hours are expanding. The Center will be open from 8 a.m. to 5 p.m. starting Monday, June 5. This expansion will allow for additional programming and more special events. The Fitness Center will also expand closing time from 3:45 to 4:45 p.m.



Kathy Service and Bob Mimitz were among the volunteers honored.

Volunteer luncheon recap

The Northampton Senior Center held its annual Volunteer Appreciation event on April 24, marking the occasion with a pleasant, springy weekday luncheon.

A hearty spread of grilled balsamic chicken, cheesy baked vodka penne, Italian meatballs, cucumber dill pasta salad, fresh fruit, warm rolls and chocolate chip cookies was provided by Seth Mias Catering. The nearly 100 volunteers enjoyed all they could eat



Mary Lastowski

while local artist Zack Danziger provided musical and comedic entertainment.

Each volunteer who was invited to this annual event completed at least 25 hours of service in 2016, though most completed significantly more. In fact, the total number of service hours completed in 2016 was 11,815, fulfilled by only 134 volunteers. The Senior Center calculates that these hours amount to a monetary value of \$278,393,

based on wage data of similar paid positions in the area.

The gratitude, appreciation, respect and admiration felt for all of these incredibly dedicated volunteers are indescribable. They are the lifeblood of the Center and its daily operations. They staff the front desk, coffee shop and gift shop; serve on committees; teach programs, and so much more.

Music and Memory: Volunteers Needed

When the happenings of today become confusing, music has the magic to calm the spirit and bring moments of joy. That is the goal of the Music and Memory Project. Volunteers make weekly visits to help residents listen to music, which often results in entertaining and nostalgic conversations. Volunteers attend a training program, which includes a brief orientation to dementia and instruction on how to use music players. In addition, Linda Manor and Care One have volunteer orientation, that are specific to their facilities.

If interested, contact the Senior Center at 587-1228, mention your interest, and leave your name and number; a member of the coordinating team will call you back.



From left, Fran Merski, Pat Foley and Rita Bouthilette brought donated quilts to Cooley Dickinson Hospital. Hospital volunteer coordinator Robin Klein is at right.

Volunteers donate quilts to CDH

Cooley Dickinson Hospital’s mission is to serve its patients and communities with exceptional, compassionate and personalized care — and there are many wonderful volunteers that help make this goal a reality.

One special group is a new quilting group, now meeting at the Senior Center. Organized by Rita Bouthilette, this group has donated seven quilts and one crocheted lap robe to the hospital.

The quilts are for a special program that provides care to patients who are at CDH at the end of life. Cindy Baecher, a nurse on Critical Care, uses the quilts to help provide a more comforting setting for patients and their families. Patients’ rooms are transformed with a warm light and a quilt on the bed.

Later, the quilt is given to the family and becomes a meaningful part of the family’s memories of their loved one.

“These quilts are an important part of surrounding families with caring during a very difficult time,” says Robin Kline, director of volunteers and guest services. “We are deeply appreciative of this donation.”

Pictured here are Pat Foley, Rita Bouthilette and Fran Merski, bringing the quilts to Cooley Dickinson.

Volunteers wanted for UMass research

Are you willing to help evaluate the usefulness of wearable technology to monitor and improve sleep in seniors with sleep problems?

Computer experience is not necessary, but you must be able to read a newspaper with or without glasses

Each volunteer will be asked to wear a monitor on your wrist that looks much like a watch to track your sleep patterns over four weeks. A researcher will meet with you weekly to review your sleep patterns detected by the sensor.

You will meet with the research team at least once a week to discuss how the sensor is working, how it might be improved, and if it is useful in managing your sleep. Participation will last for one month. You will be able to keep the wearable device, which is worth \$75.

Dr. Deborah Rosenbloom is a nurse practitioner and an assistant professor at the College of Nursing at the University of Massachusetts at Amherst. Dr. Rosenbloom is working with a team of nurses, engineers and computer scientists to develop ways to help older adults manage chronic health problems at home.

To volunteer contact Deborah Rosenbloom at (508) 662-8972, or email drosenbloom@nursing.umass.edu; or contact Linda Desmond at Northampton Senior Services at 587-1231, or email ldesmond@northamptonma.gov

Trips and travel

July 16: Gloucester Harbor Cruise, \$116, lunch included @ The Gloucester House. Sign-up deadline is June 17.

Aug. 20-27: Bermuda Cruise, 8 days-7 nights, \$350 reserves your cabin; full cost starts at \$1,189 for a double-occupied cabin. Passport required.

Aug. 26: A trip to Ireland’s Great Hunger Museum, located at Quinnipiac University in Hamden, Conn., is planned for Saturday, Aug. 26. The cost is \$45 and



From left, Sue Bruscoe, Carole Drapeau and Georgianna Rouleau join Francine Frenier and the Patriots’ mascot while enjoying a trip to Patriot Place in Foxborough.

includes round-trip bus transportation, entrance fee, and a guided tour. Lunch is on your own. Cash or checks payable to Elder Vision are due by July 26. Only 35 seats are available; to make a reservation, stop by the Senior Center.

Sept. 14: Quechee Gorge, Vermont, \$111, includes gourmet lunch at Simon Pearce, view waterfalls and glass blowing. Stop at Vermont Country Store. Sign-up deadline, Aug. 14. Oct. 5, Moon River, Andy Williams’ songs performed by Jimmy Osmond, \$87, lunch included at Mohegan Sun Casino.

Sign-up deadline, Sept. 5.

Oct. 19: Isabella Stewart Gardner Museum in Boston, \$65, lunch on your own. Stop at The Shoppes at Blackstone Valley on the way. Sign-up deadline, Sept.19.

Dec. 6: Radio City Music Hall Rockettes Christmas Show in New York City. \$142 price. Limited seats available. \$75 deposit due by June 21.

Please note: A few seats remain for the Gloucester cruise and luncheon; \$116 is the all-inclusive price. Sign up soon.

Activities

Reiki: Mondays, 9 a.m.-1 p.m.

Sessions with Reiki Master Bob Nelson, RN. 30-minute session for \$20. Pre-registration required; payment due at registration. For information, call the front desk at 587-1228.

Walking Group: Tuesdays and Thursdays, 10 a.m.

Enjoy the spring weather and sunshine as part of our walking group led by Ellen Dickinson; meet at the Center. Free to Northampton seniors with a scan card.

“Gerotranscendence: A Theory of Positive Aging”:

Wednesday, June 14, 9 a.m.-11 a.m.

Presentation by Janet Bunce about the benefits of aging with positivity, perspective, and altruism. 30 minutes of speaking followed by a 1- hour workshop. Free and open to the public.

Coffee and Canvas: Monday, July 13, 10 a.m. to noon. Join us for a fun, relaxing morning of chatting, painting, and sipping coffee.

Follow along with a painting demonstration and take home your unique creation. Light refreshments and all necessary supplies included. \$20 for Northampton seniors with a scan card; \$25 for all others.

Kocot staff chat: June 20, 10 to 11 a.m. State Rep. Peter Kocot’s office will send a representative to host Office Hours here at the Northampton Senior Center. Informal, casual chat to discuss local issues with our Northampton area seniors.

15th Annual Health Fair

Hundreds of visitors attended the Health and Safety Fair held May 11 at the Senior Center.



DENNIS LEE PHOTO

Northampton Veterans Agent Steve Conner talks with Patricia-Lee Baskin, Center, and Maria Hunt. The women were staffing the Caring Solutions table.



DENNIS LEE PHOTO

Pat Sicard at RSVP, the Retired and Senior Volunteer Program.



DENNIS LEE PHOTO

Visitor Julia Lennen, right, talks to Nancy Murray and Corey Pilz, of the Massachusetts Department of Telecommunications.



DENNIS LEE PHOTO


Gail Adametz, right, talks with, from left, Denise Clifford, Marianne Roy and Melissa McRobbie at the Big Y Pharmacy and Wellness Center table.

Time to bite the bullet, but not pastries

I am well into my late 80s, and have done very little they told me to do, well almost, and I guess now is the time to face the mirror.

OK, my weight is good, my posture is horrible, I wear bifocals, walk with a pair of forearm canes and I have shrunk almost one inch (the good news is that women shrink more than men). I seem to have arthritis in almost all parts of my body but my mouth!

I take a vivid assortment of pills daily and my medical team has



Don Levitan's This and That

Editor's note: Don Levitan is is a retired professor and lives in Northampton. He will offer his research and observations occasionally in the Chronicle.

almost as many members as the University of Massachusetts basketball team and — I nearly forgot — I also now have a pair of hearing aids. The most exercise I get is stripping down and getting into my PJs and climbing into bed. There is more, but you can fill it in.

My kids are questioning how much longer I plan to drive, and are inquiring as to our ability to age without some sort of onboard “assistance.” They are right! Time for me to face the mirror and do my part, as I see it and the experts

Try to achieve a slimmer physique: That's easy to say but requires that I pass on all the pastries I thrive on.

advise. It depends on maintaining good health and feeling good.

I made the requisite appointments and visited each member of my medical team for a checkup.

I plan to see my main doctor yearly. I besieged the Lilly Library and the internet, even joined several newsletters and, as best I can recall, I have read almost 10 newsletters and 20-plus newsletters on getting old.

Wow!

Interesting, learned a lot and have made some changes in my lifestyle.

I am not an expert but let me share some of the more important caveats I discovered:

RELAX: Breathe deeply and reduce strain.

I no longer watch any spine-tingling TV mystery stories after 9

p.m., as they psych me up and I have a bit of time falling asleep. I now get in bed a wee bit earlier and read something non-violent or listen to soothing music. I am experimenting with meditation and tai chi. Our Senior Center has ongoing programs that really help.

TRY TO ACHIEVE A SLIMMER PHYSIQUE: That's easy to say but requires that I pass on pastries and increase the naturals, maintain the protein, reduce the carbs, and increase fruit and veggies — and of course reduce red meat consumption and salt while increasing fish and fowl. The more local the better.

No more soda, diet or regular. I have switched to seltzer and tap water, lots of tap water, and now limit pastries to a reasonable serving once a week. I have re-activated my interest in Italian ices, and most especially enjoy fruit with a substantial breakfast. Research indicates the importance of a healthy breakfast. So far, so good. Oh yeah, a reasonable amount of red wine most nights.

NB: The latest research indicates that “fat” people do not live as long as “thinner” people. Translation: Slim down.

EXERCISE: Made an appointment with the Cooley Dickinson physical therapy staff. They gave me a set of exercises that my wife and I do mornings and early evenings. Most important we are walking every day. Best of all enjoying downtown Northampton, Look Park, and Abington Park; there are a few more.

EXPLORE AND ENJOY

I use a set of forearm canes, especially for balance. One set is in green the other is in black. If you see me meandering along with the canes, stop and say hello. Note: Get a good pair of athletic sneakers.

DO SOMETHING DIFFERENT: Learn something new; and how about you might want to consider doing something different? I am learning to play chess (and thinking of learning how to play a musical instrument). There are chess clubs at the Senior Center and at the Forbes and Lilly libraries, and I am now am reading the ads in the Gazette. Nice change of pace and interesting. And lastly, consider a wee bit of travel.

You will find a hatful of interesting, inexpensive programs at the Senior Center.

There are lots more adventurous things out there, so look around and try a few. Never forget that if I can do it, you certainly can try.

There are lots more adventurous things out there, so look around and try a few. Never forget that if I can do it, you certainly can try.

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NORTHAMPTON SENIOR CENTER

67 Conz St., Northampton, MA 01060 | 413-587-1228

June 2017 Calendar of Programs and Events

Ongoing Programs				
Monday	Tuesday	Wednesday	Thursday	Friday
8:20 Dynamic Fitness DVD	8:45 Strength & Stretch	8:20 Dynamic Fitness DVD	8:45 Strength & Stretch	8:20 Dynamic Fitness DVD
9:00 Reiki Sessions*	9:30 Cup of Conversation	9:30 Low Impact 1	10:00 Stretch & Tone	9:30 Low Impact 1
9:30 Low Impact 1	10:00 Walking Group	10:30 Low Impact 2	10:00 Walking Group	10:30 Low Impact 2
10:00 Creative Writing 1	10:00 Caregiver Support Group*	11:30 Beginner Tap	10:00 Wisdom Project	10:30 Aging with Grace June 9 & 23 ONLY
10:30 Low Impact 2	10:00 Stretch & Tone	12:30 Cribbage	10:00 Knitting Drop -In	12:00 Duplicate Bridge
1:00 Needle Workshop	12:00 Duplicate Bridge	1:00 Scrabble	11:30 Mixed Level Tap	12:30 Dewey the Therapy Dog
1:30 Creative Writing 2	12:30 Sewing Workshop*	1:00 Timeless Tunes	12:00 Contract Bridge	1:00 Aging with Flexibility* June 2 ONLY
1:30 Learn to Meditate	1:00 Pitch	1:00 Zumba Gold	12:30 Advanced Beginner Tap	1:00 Gentle Chair Yoga
2:00 Coloring for Adults	2:45 Tuesday Tea	2:45 Feldenkrais	1:00 Mahjong	1:00 Senior Gay Men's Drop-In Group
2:45 Free Tai Chi	6:45 Evening Yoga	2:45 Free Tai Chi	1:30 Intermediate Tap	1:00 Senior Gay Men's Drop-In Group
			1:30 BINGO	1:30 Photo Club
			2:45 Tai Chi	2:45 Yoga
				2:45 Free Tai Chi



June's movie: 'La La Land'

Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams. 2 hours, 8 minutes long.

The movie airs at 1:30 p.m. on Monday, June 19

Upcoming events and activities

Mondays 9 a.m. - 1 p.m.: 30-minute Reiki sessions, by appointment only. Visit front desk to schedule. \$20 per 30-minute session (payment due at time of sign-up).	Tuesday, June 6 10 a.m.: Blood pressure clinic. Walk-ins welcome.	Wednesday, June 14 9 a.m.: “Gerotranscendence: A Theory of Positive Aging” presentation by Janet Bunce. 1:30 p.m.: Lap quilt project
Tuesdays & Wednesdays 12:30-2:30 p.m.: SHINE counselor, by appointment only - call to schedule.	Wednesday, June 7 9:30 -11 a.m.: Low Vision. Call for intake: 587-1226. 6 - 8 p.m.: Artist of the Month reception; Donna Verville	Wednesday, June 16 9 a.m.: Lap quilt project
Thursdays 9 a.m.: Benefits counseling, by appointment only - call 586-2000 to schedule.	Tuesdays & Thursdays 10 a.m.: Walking Group has resumed. Tuesday and Thursday mornings.	Wednesday, June 21 Foot Clinic, by appointment only. 7 p.m.: Mystery Book Club
Tuesdays 1 p.m. - Walk-in Interfaith Help: Emergency assistance program that provides one-time assistance to residents of Hampshire County. Evictions, apartment deposits, utility shutoffs, food need, prescriptions, etc.	Friday, June 2 and 16 10:30 a.m.: Nutritional Outreach	Monday, July 10 10 a.m.: “Coffee & Canvas.” Join us for a fun, relaxing morning of chatting, painting, and sipping coffee. Follow along with a painting demonstration and take home your unique creation. Light refreshments and all necessary supplies included. \$20 for Northampton seniors with a scan card. \$25 for all others.
Monday, June 5 10 a.m.: Brown Bag 12:15 - 1:15 p.m.: Author of the Month reading/reception; Leslea Newman	Friday, June 9 and 23 10:30 a.m.: Challenges of Aging with Grace. A bi-weekly support group focusing on aspects of aging like health, finances, identity, interests, wisdom, and more. 1:30 p.m.: Chess	Please note: PVTA Photo IDs are no longer available at the senior center. Please call PVTA Customer Service for more information on photo IDs. 413-781-7882.
	Tuesday, June 13 11:45 a.m. - 1:15 p.m.: Dash ‘n’ Dine. Pre-registration required; Call the front desk. Van trip for 12-15 participants to visit Linda Manor. Trip will include tour and lunch.	